



Cure Organic Farm Newsletter

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Lasater Ranch Grasslands Beef

We are pleased to offer you again, for the third season Lasater Grasslands Beef. Lasater Ranch is located on several hundred acres, south-east of Colorado Springs.

For more than half a century the Lasater Ranch has been a wildlife sanctuary. There is no poisoning, hunting, or trapping on the ranch. Like the bison, their cattle coexist with coyotes, deer, prairie dogs, pronghorn antelope, rattlesnakes, and other wildlife. Believing that working with nature is the best policy, many years ago Lasater Ranch implemented practices that helped restore the natural balance between animal species, domestic livestock, land and man. Grazing animals are vital to the environmental health of the Great Plains, and rightly-raised cattle can help sustain that health. Lasater cattle—like the roaming herds of bison once did—harvest grasses,

till the soil with their hooves, fertilize the ground (via that most natural of processes) and then are moved to fresh pastures, leaving the grazed plants to fully recover. When the pastures are rested (typically 70 to 80 days), the grasses develop to their full potential—growing extensive root systems that help them survive the dry land conditions and season of drought.

What about the beef? The vast majority of beef raised in America is finished off in feedlots. Lasater Grasslands Beef is different. Grass-fed beef is lower in fat and calories, and higher in important vitamins such as beta-carotene and vitamin E, than beef finished on grain. Research has shown that grass-fed beef can lower cholesterol levels. In addition, grass-fed beef has 2-6 times more of the good fat called omega-3 fatty acids. These essential fats play an important role in many of the body's vital systems. And, it is deli-

cious. Lasater Grasslands Beef is a tender product, though tenderness will vary depending on how it is cooked. You will not be able to cut it with a fork. Because our beef is leaner than corn fed beef, care must be taken not to overcook it. Their briskets and roasts, because they have little marbling, need to be cooked at high temperatures to break down the weave of the meat. Lasater Grasslands Beef cooks up to 50% faster than corn fed beef. If cooked to medium-well or well our beef will occasionally be tougher than generic beef. As these animals are raised in their natural environment and are healthy, it is safe to eat LGB rare to medium rare.



Family Sampler: 36 lbs total

Offers 16 lbs. of ground beef. Approximately 8 lbs. of steak which may include two or more of the following cuts: Ribeye, New York, Top Sirloin, Sirloin Tip, and Round steak. Finally, 12 lbs. of roasts and assorted other cuts such as Short ribs, Brisket, and flank steak.

Total cost- \$200

Ground Beef: order per pound. Total cost- \$4.60 per pound

Grillers Package:

Offers 5 lbs of ground beef, 2 Ribeye Steaks and 6 Flank Steaks. Total package cost- \$136.60

Ordering Lasater Grasslands

To order Lasater beef, simply choose which item(s) you are interested in on the sign up form and bring us a check for the total amount by August 23rd. Your order will be available for pick-up on Wednesday August 30th at your CSA pick-up location. All orders will be delivered frozen. Please choose from:

In your basket this week:

- Carrots
- Cucumbers/Tomatoes
- Basil
- Summer Squash
- Green Beans
- Bell Peppers
- Kale or Chard
- Fruit Share**
- Peaches or Plums

CSA Work Day Sat. August 26th

Our next CSA work day will be on August 26th from 8-11 am here at the farm. We hope that you will come out and join us for a morning in the fields!

How are we doing?

Each year we look forward to receiving feedback from our members. Please take a minute to fill out the survey we will send you via email this week and send it on back to us. We appreciate knowing your thoughts and ideas.

Coming Next Week...

- Basil
- Carrots
- Walla Walla Onions
- Peppers
- Summer Squash
- And much more!

Recipes

Dorle's Zucchini Cake

13 tbsp butter
1 1/2 C brown sugar
4 eggs
1 tsp. cinnamon
4 tsp. lemon juice
4 tsp. cream cheese
1 C chopped nuts (walnuts or whatever you like)
2 C grated zucchini
3 C pastry flour (very delicious with whole wheat)
3 tsp. baking powder
maybe some milk

Preheat oven to 350 degrees F. Cream butter and slowly add the sugar, beating until smooth. Beat in the eggs and mix thoroughly. Stir in the cinnamon, cream cheese, lemon juice, grated zucchini and chopped nuts. Add flour

Basil-Lemon Cake

1/2 C cake flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1/2 C butter, softened
1 1/2 C granulated sugar
2 lg. eggs, beaten
1/2 C chopped fresh basil
2 tbsp. finely grated lemon zest
1 tsp. vanilla extract
1 C + 2 tbsp. buttermilk
1 1/2 C mixed berries (such as raspberries or blackberries) [or strawberries!]

Preheat oven to 375 degrees F. Lightly oil a springform pan. In a medium bowl, combine flour, baking powder and salt. Place butter and

with the baking powder and maybe some milk. Only mix lightly now. Pour batter in prepared buttered pan and bake in preheated oven for 45 minutes or until a toothpick inserted in center comes out clean.

Roasted Carrot & Tomato Soup with Fresh Basil

1 lg. onion, thinly sliced
2 lbs. tomatoes, halved lengthwise
1 lb. carrots, peeled and cut in 1/2" thick rounds
2 lg. garlic cloves, unpeeled
1 tbsp. olive oil
2 1/2 C water, divided
~2 3/4 C milk
1/2 C thinly sliced fresh basil leaves

Preheat oven to 400 degrees. Toss

sugar in a large bowl. With an electric mixer on medium speed, beat until creamy. Add eggs, basil, lemon zest and vanilla. Beat until blended. Add flour mixture, a third at a time, alternating with buttermilk and beating on low speed until smooth. Pour into prepared pan. Bake 35 - 45 minutes, or until a wooden pick inserted in the center comes out clean. Cool on a rack for 10 minutes. Remove the sides of the pan and cool completely. Place on a serving plate and top with berries.

onion, tomatoes, carrots & garlic with olive oil and arrange on a lightly greased, large rimmed baking sheet. Sprinkle w/salt & pepper and roast, turning occasionally, about 55 min. Remove veggies (do not clean baking sheet!), and peel garlic. Add 1 C water to baking sheet, scraping up browned bits; put into a blender with half the veggies & puree. Puree the rest of veggies w/the remaining 1 1/2 C water. Transfer both batches of puree to a saucepan; gradually add enough milk to thin to desired consistency. Stir in 1/4 C basil, simmer 10 min. to blend flavors. Ladle into bowls & garnish w/ remaining 1/4 C of slivered basil.

Slow-Cooked Thin-Sliced Summer Squash Showered with Herbs

2 lbs. mixed summer squash
3 tbsp. olive oil
1/2 C simmering water
sea salt and freshly ground pepper
1/3 C chopped flat-leaf parsley
2 tbsp. chopped marjoram or oregano or torn basil leaves

Slice the squash 1/4" thick. Heat oil in a wide skillet. Add squash and cook over medium-low heat, flipping squash in the pan every 3 or 4 minutes until it's tender and golden, about 20 minutes. Add the water and continue cooking until none remains. Season with salt and pepper and shower the herbs over all. Slide onto a platter and serve.

Words to Live By

Manifesto: The Mad Farmer Liberation Front (part one) - Wendell Berry

Love the quick profit, the annual raise, vacation with pay. Want more of everything ready-made. Be afraid to know your neighbors and to die.

And you will have a window in your head. Not even your future will be a mystery any more. Your mind will be punched in a card and shut away in a little drawer.

When they want you to buy something they will call you. When they want you to die for profit they will let you know. So, friends, every day do something that won't compute. Love the Lord. Love the world. Work for nothing. Take all that you have and be poor. Love someone who does not deserve it.

Denounce the government and embrace the flag. Hope to live in that free republic for which it stands. Give your approval to all you cannot understand. Praise ignorance, for what man has not encountered he has not destroyed.